X1 TOTAL-BODY ELLIPTICAL CROSS-TRAINER

BASE USER MANUAL

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8117901 Rev A-1
07/06

Before using this product, it is essential to read this
ENTIRE operation manual and ALL installation instructions.

This will help in setting up the equipment quickly
and in instructing others on how to use it correctly and safely.

FCC Warning - Possible Radio / Television Interference

NOTE: *This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy, and if not installed and used in accordance with the operation manual, may cause harmful interference to radio communications. However, there is no guarantee that the interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:*

Reorient or relocate the receiving antenna.

Increase the separation between the equipment and the receiver.

Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

Consult the dealer or an experienced radio/TV technician for help.

Class HB (Home): Domestic use. Not suitable for therapeutic purposes.

CAUTION: Any changes or modifications to this equipment could void the product warranty.

Any service, other than cleaning or user maintenance, must be performed by an authorized service representative. There are no user-serviceable parts.

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This Operation Manual describes the functions of the following products:

Life Fitness cross-trainer:

X1

See Section 6, titled *Specifications* page in this manual
for product-specific features.

Statement of Purpose: The cross-trainer is an exercise machine that combines low-impact elliptical pedaling with push/pull arm motion to provide an efficient, effective total body workout.

Health-related injuries may result from incorrect or excessive use of exercise equipment. The manufacturer STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease; or is over the age of 45; or smokes, has high cholesterol, is obese, or has not exercised regularly in the past year. The manufacturer also recommends consulting a fitness professional on the correct use of this product.

If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.

1 Getting Started

1.1 Important Safety Instructions

SAFETY WARNING: The safety of the product can be maintained only if it is examined regularly for damage and wear. See Preventative Maintenance section for details.

- Before using this product, it is essential to read this ENTIRE operation manual and ALL instructions. The cross-trainer is intended for use solely in the manner described in this manual.
- Always follow the console instructions for proper operation.
- Close supervision is necessary when used by or near children, invalids or disabled persons.
- If the cross-trainer does not function properly after it has been dropped, damaged, or even partially immersed in water, contact Customer Support Services for assistance.
- Never insert objects into any opening in the cross-trainer. If an object should drop inside, carefully retrieve it. If the item is beyond reach, contact Customer Support Services.
- Never place liquids of any type directly on the unit, except in an accessory tray. Containers with lids are recommended.
- Do not use the cross-trainer outdoors, near swimming pools or in areas of high humidity.
- Keep all loose clothing, shoelaces, and towels away from the cross-trainer pedals.
- Keep the area around the cross-trainer clear of any obstructions, including walls and furniture.
- Use caution when mounting or dismounting the cross-trainer. While exercising, always hold onto the user arms.
- Never operate a Life Fitness product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Support Services.

- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle.
- Do not run the power cord on the floor under or alongside of the Cross-Trainer.
- Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Do not use the cross-trainer in bare feet.
- Do not tip the cross-trainer on its side during operation.
- Keep hands and feet away from all moving parts.
- To ensure proper functioning of this product, do not install attachments or accessories that are not provided or recommended by Life Fitness.
- Use this product in a well-ventilated area.
- Use this product on a solid, level surface.
- Make sure that all components are fastened securely.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

1.2 Setup

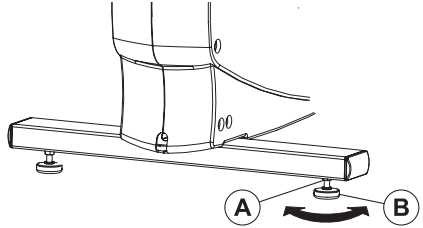
Read the entire Operation Manual before setting up the cross-trainer.

Where to Place the Cross-trainer

Following all safety instructions in Section 1.1, move the cross-trainer to the location in which it will be used. See Section 6, titled *Specifications*, for the dimensions of the footprint. Allow one foot (30.4 cm) of clearance in front of the cross-trainer to allow for movement of the pedal levers. It should be easy to mount the cross-trainer from the side.

How to Stabilize the Cross-trainer

After placing the cross-trainer in position, check the unit's stability by attempting to rock it in all directions. Any slight rocking indicates that the unit must be leveled. Determine which foot is not resting completely on the floor. Loosen the jam nut (A) with an open-end 17mm wrench, and rotate the stabilizing foot (B) to lower it. Verify that the cross-trainer is stable, and repeat the adjustment as necessary until the unit no longer rocks. Lock the adjustment by tightening the jam nut against the stabilizer bar. It is extremely important that the stabilizing leg be correctly adjusted for proper operation.

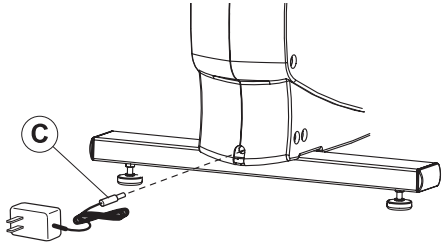


Plug In the Cross-trainer

See Section 6, titled *Specifications*, for power requirements. Insert the AC adapter into an electrical outlet that has been properly installed and grounded in accordance with all local codes and ordinances.

The cross-trainer comes with a standard power supply for the U.S., or a power supply with country-specific line cords.

Insert the power adapter jack (C) into the barrel plug on the back of the cross-trainer. Then insert the power supply into the wall outlet. Make sure the cord is routed so that it doesn't bind and will not be walked on.



Check that the console lights up. If not, recheck the plug and wall connections and make sure the wall outlet has power.

NOTE: For customers outside the United States, please use your country specific transformer to power the unit. Please disregard the extra 120 Volt transformer located in the packaging material.

2 The Reading Rack and Water Bottle Holder

A Reading Rack (A) for supporting a book or magazine is located at the base of the upper panel of the console.

A Water Bottle Holder (B) is mounted on the monocolumn of the cross-trainer.

3 Correct Usage

3.1 Mounting and dismounting the Cross-Trainer

If mounting from the user right side of the Cross-Trainer, grasp the user right handlebar with the right hand. Place the right foot on the user right pedal and carefully step over the Cross-Trainer, grasp the user left handlebar with the left hand, and place the left foot on the user left pedal. If mounting from the user left side, proceed in an opposite fashion. Reverse the process to dismount the Cross-Trainer.

3.2 Biomechanical Guidelines

There are two exercise variations that can be performed on the Cross-Trainer. For each variation, it is important to follow these general biomechanical guidelines as well as the specific instructions listed below.

General

- Feet should be in a comfortable position facing forward on the pedals so the knees move in a forward plane (not angled inward or outward) and so the hips do not rotate outward.
- Keep back straight. Do not bend forward at the waist.
- Keep both feet on the pedals at all times.
- If desired, allow heels to slightly lift off the pedals during the motion.
- Do not lock knees during the workout. Keep them slightly bent throughout the motion.

Forward Motion – Total Body

- Mount the Cross-Trainer facing forward
- Hands should be positioned comfortably on the moving handles such that the elbow creates a 90 degree angle when the moving handlebar is rotated toward you
- Choose the desired workout profile and duration on the console
- Begin moving feet in a smooth forward pedaling motion by pushing top foot forward and pulling bottom foot backward
- Exercise at a speed that is comfortable for you

Reverse Motion – Total Body

- Mount the Cross-Trainer facing forward
- Hands should be positioned comfortably on the moving handles such that the elbow creates a 90 degree angle when the moving handlebar is rotated toward you
- Choose the desired workout profile and duration on the console
- Begin moving feet in a smooth reverse pedaling motion by pulling top foot backward and pushing bottom foot forward
- Exercise at a speed that is comfortable for you

Braking Resistance

The Life Fitness Cross-Trainer features speed-dependent braking resistance. For a set resistance level on the monitor, the resistance increases with speed. The faster you go, the greater the resistance. The computer makes no adjustments to maintain the resistance level based on your speed.

4 Service and Technical Data

4.1 Preventative Maintenance Tips

The cross-trainer is backed by engineering excellence and is one of the most rugged and trouble-free pieces of exercise equipment on the market today. The manufacturer's products have proven to be durable in health clubs, colleges, military facilities, and other locations the world over. This same technology, engineering expertise, and reliability have gone into the cross-trainer.

NOTE: *The safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. If maintenance is required, keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear as outlined in the Preventive Maintenance Schedule.*

The following preventive maintenance tips will keep the cross-trainer operating at peak performance:

- Locate the cross-trainer in a cool, dry place.
- Clean the top surface of the pedals regularly.
- Keep the display console free of fingerprints and salt build-up caused by sweat.
- Use a **100% cotton cloth**, lightly moistened with water and a mild liquid cleaning product, to clean the cross-trainer. Other fabrics, including paper towels, may scratch the surface. **Do not use ammonia or acid-based cleaners.**
- Long fingernails may damage or scratch the surface of the console; use the pad of the finger to press the selection buttons on the console.
- Clean the housing thoroughly on a regular basis.

NOTE: *A non-abrasive cleaner and soft cotton cloth are strongly recommended for cleaning the exterior of the unit. At no time should cleaner be applied directly to any part of the equipment; apply the non-abrasive cleaner on a soft cloth, and then wipe the unit.*

4.2 Preventative Maintenance Schedule

Follow the schedule below to ensure proper operation of the product.

ITEM	*WEEKLY*	*MONTHLY*	*BI-ANNUALLY*	*ANNUALLY*
Display Console	*C*	*I*		
Console Mounting Bolts			*I*	
Frame	*C*			*I*
Plastic Covers	*C*	*I*		

KEY: C=Clean; I=Inspect

4.3 How to Obtain Product Service

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and document the serial number of the unit. The serial number plate is located on the front stabilizer, below the shroud.
3. Contact Customer Support Services via the Web at: www.lifefitness.com, or call the nearest Customer Support Services group:

For Product Service within
the United States and Canada:

Telephone: (+1) 847.451.0036
FAX: (+1) 847.288.3702
Toll-free telephone: 800.351.3737

For Product Service
Internationally:

Life Fitness Europe GmbH
Telephone: (+49) 089.317.751.66
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Life Fitness Iberia
Telephone *: (+34) 93 672 4660*
FAX *: (+34) 93 672 4670*

5 WARRANTY INFORMATION

WHAT IS COVERED:

This Life Fitness consumer product ("Product") is warranted to be free of all defects in material and workmanship.

WHO IS COVERED:

The original purchaser or any person receiving a newly purchased Product as a gift from the original purchaser.

HOW LONG IS IT COVERED:

Residential: All electrical and mechanical components and labor are covered, after the date of purchase, as listed on the chart at the end of this section.

Non-Residential: Warranty void (this Product is intended for residential use only).

WHO PAYS SHIPPING & INSURANCE FOR SERVICE:

If the Product or any warranted part must be returned to a service facility for repairs, Life Fitness will pay all shipping and insurance charges during the warranty period (within the United States only). The purchaser is responsible for shipping and insurance charges after the warranty has expired.

WHAT WE WILL DO TO CORRECT COVERED DEFECTS:

We will ship to you any new or rebuilt replacement part or component, or, at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

WHAT IS NOT COVERED:

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your User Manual ("Manual"). All terms of this warranty are void if this Product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorized Life Fitness Representative.

WHAT YOU MUST DO:

Retain proof of purchase (our receipt of the attached registration card assures registration of purchase information but is not required); use, operate and maintain the Product as specified in the Manual; notify Customer Service of any defect within 10 days after discovery of the defect; if instructed, return any defective part for replacement or, if necessary, the entire Product for repair. Life Fitness reserves the right to decide whether or not a product is to be returned for repair.

USER MANUAL:

It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

PRODUCT REGISTRATION:

Register online at ***www.lifefitness.com/registration***. Our receipt assures that your name, address and date of purchase are on file as a registered owner of the Product. Failure to return the card will not affect your rights under this warranty. Being a registered owner assures coverage in the event you lose your proof of purchase. Please retain your proof of purchase, such as your bill of sale or receipt.

HOW TO GET PARTS & SERVICE:

Simply call Customer Service at 1-800-351-3737 or (+1) 847-288-3300, Monday through Friday from 8:00 a.m. to 5:00 p.m. Central Standard Time, and tell them your name, address and the serial number of your Product (consoles and frames may have separate serial numbers). They will tell you how to get a replacement part, or, if necessary, arrange for service where your Product is located.

EXCLUSIVE WARRANTY:

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you. Warranties may vary outside the U.S. Contact Life Fitness for details.

CHANGES IN WARRANTY NOT AUTHORIZED:

No one is authorized to change, modify or extend the terms of this limited warranty.

EFFECT OF U.S. STATE LAWS:

This warranty gives you specific legal rights and you may have other rights which vary from state to state.

MODEL	LIFETIME	5 YEARS	3 YEARS	1 YEAR
X1	Frame	N/A	Electrical Parts & Mechanical Parts	Labor

6 SPECIFICATIONS

Designed use:	Consumer
Maximum user weight:	300 pounds / 136 kilograms
Resistance system:	Eddy current
Resistance levels:	20
Pedal size	16 inches by 7 inches / 41 centimeters by 18 centimeters
Drive type:	Link6
Power requirements:	120V in United States
	220V in Europe
	240+V in Australia
Color:	Pewter Metal Charcoal gray plastics Stone gray accents

ASSEMBLED DIMENSIONS:

Length	65 inches / 165 centimeters
Width	27 inches / 68 centimeters
Height	62 inches / 157 centimeters
Weight	204 pounds / 93 kilograms

SHIPPING DIMENSIONS:

Length	73 inches / 185 centimeters
Width	28.5 inches / 72.5 centimeters
Height	32 inches / 81 centimeters
Weight	244 pounds / 111 kilograms

Life Fitness offers a full line of premier fitness equipment for the home.

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STAIRCLIMBERS | GYM SYSTEMS

5100 N. RIVER ROAD, SCHILLER PARK, ILLINOIS 60176

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